

CSB's Fiona Smith takes top honors in MIAC Women's Cross Country awards

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BLOOMINGTON, Minn. – The Minnesota Intercollegiate Athletic Conference announced its annual award winners for women's cross country on Thursday. Saint Benedict sophomore **Fiona Smith** received Athlete of the Year honors, while St. Olaf coach **Erica Maker** was recognized as MIAC Coach of the Year. The MIAC also announced its All-Conference, Honorable Mention, and All-MIAC Sportsmanship Teams.

Smith (So. | Dhahran, Saudi Arabia) was named MIAC Women's Cross Country Athlete of the Year after winning the 6K conference championship race at St. Olaf College last Saturday with a time of 21:28.6. That time ranks as the third-fastest in MIAC history, just two-tenths of a second shy of second all-time. Bethel's Marie Borner holds the conference record with a finish of 21:11 at the 2008 MIAC Cross Country Championships. Smith's fourth individual victory of the season came with a cushion of eleven seconds. She is the third CSB runner to receive Athlete of the Year honors after winning the MIAC individual title, joining former individual champions Leah Wurm (2004) and Morgan Pierce (2018).



Maker was recognized by her peers as the MIAC Women's Cross Country Coach of the Year after guiding the Oles to their first team championship in more than a decade. Maker's squad placed five runners among the race's top-15 finishers and seven in the top-25. Now in her fourth season at the helm for St. Olaf, Maker joins three-time MIAC Coach of the Year recipient Chris Daymont (1999, 2002, 2010) as Ole head coaches to receive conference Coach of the Year honors in women's cross country.

In addition to the top individual honors, the MIAC Women's Cross Country All-Conference and Honorable Mention squads were also recognized. The top 15 finishers in Saturday's MIAC Championship race received All-Conference honors, while finishers 16-25 received Honorable Mention. St. Olaf led the pack with five All-Conference finishers, followed by Carleton with four honorees, and Gustavus with two. Bethel, Hamline, Saint Benedict, and St. Scholastica each had one. The 15-runner All-Conference Team was comprised of one senior, five juniors, six sophomores, and three first-year competitors. Only three of the 15 All-MIAC runners in 2021 had previously received conference honors; Carleton's **Clara Mayfield** received her second All-Conference nod, while Hamline's **Alexandra Maddux** and St. Olaf's **Ellen Mickelson** improved from honorable mention in 2019 to All-Conference in 2021.

As part of a Conference-wide sportsmanship initiative, the MIAC also announced the 15th annual All-MIAC Sportsmanship team for Women's Cross Country. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

2021 MIAC Women's Cross Country Awards

2021 MIAC Women's Cross Country Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	--

2021 MIAC Women's Cross Country Coach of the Year

Name	Institution	Previous Selections
Erica Maker	St. Olaf	--

2021 MIAC Women's Cross Country All-Conference Team

Place	Time	Name	Institution	Class	Hometown High School	Previous Honors
1.	21:28.6	Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	--
2.	21:39.1	Clara Mayfield	Carleton	Jr.	Manhattan, Kan.	2019 (3rd)
3.	22:51.7	Ellen Mickelson	St. Olaf	Sr.	Coon Rapids, Minn. Blaine	2019 (16th-HM)
4.	23:02.0	Helen Cross	Carleton	So.	Nederland, Colo.	--
5.	23:07.7	Maj Lis Helmer	St. Scholastica	Fy.	Duluth, Minn. East	--
6.	23:09.2	Julia Everest	St. Olaf	So.	West Yellowstone, Mont.	--

7.	23:10.4	Sofia Carlson	St. Olaf	Fy.	Boise, Idaho	--
8.	23:10.6	Bella Call	St. Olaf	So.	Overland Park, Kan. Blue Valley West	--
9.	23:21.3	Libby Rowland	Carleton	Fy.	Tulsa, Okla. Holland Hall	--
10.	23:21.7	Elizabeth Donnelly	Gustavus	Jr.	Langley, Wash. South Whidbey	--
11.	23:24.4	Phoebe Ward	Carleton	So.	Dobbs Ferry, N.Y.	--
12.	23:25.2	Grace Cole	Bethel	Jr.	Eleva, Wis. Eau Claire Memorial	--
13.	23:27.1	Sam Posey	St. Olaf	Jr.	Atlanta, Ga. Mount Pisgah School	--
14.	23:27.6	Alexandra Maddux	Hamline	Jr.	Moorhead, Minn.	2019 (20th-HM)
15.	23:28.1	Evelyn Villalobos	Gustavus	So.	Crystal, Minn. Robbinsdale Cooper	--

2021 MIAC Women's Cross Country Honorable Mention

Place	Time	Name	Institution	Class	Hometown High School	Previous Honors
16.	23:28.5	Maria Blaesing	Macalester	So.	Munster, Ind.	--
17.	23:35.8	Mary Blanchard	Carleton	So.	Grinnell, Iowa	--
18.	23:41.5	Tracy Renier	Saint Benedict	Sr.	Plymouth, Minn. Benilde-St. Margaret's	2019 (23rd-HM)
19.	23:43.5	Mackinzee Miest	Gustavus	Jr.	St. James, Minn.	--
20.	23:43.9	Sophie McManus	Carleton	Fy.	McCall, Idaho McCall-Donelly	--
21.	23:46.7	Alison Bode	St. Olaf	Fy	Minneapolis, Minn. Southwest	--
22.	23:47.6	Raina Moorjani	Bethel	Fy.	Eden Prairie, Minn.	--
23.	23:58.3	Erika Swanson	Bethel	Jr.	Loretto, Minn.	--
24.	24:01.4	Sophie Call	St. Olaf	So.	Overland Park, Kan. Blue Valley West	--
25.	24:03.6	Emily DeMorett	Saint Benedict	Jr.	Waseca, Minn.	--

2021 MIAC Women's Cross Country Sportsmanship Team

Name	Institution	Class	Hometown High School
Isabelle Daniels	Augsburg	Jr.	Sumner, Iowa Sumner-Fredericksburg
Josie Harms	Bethel	Fy.	Slayton, Minn. Murray County Central
Allegra Pihlaja	Carleton	Sr.	Duluth, Minn. East
Kaitlyn Rooney	Concordia	Sr.	Decorah, Iowa
Lindsey Paulson	Gustavus	Sr.	Minneapolis, Minn. St. Anthony Village
Emma Mader	Hamline	Sr.	Sauk Rapids, Minn. Sauk Rapids-Rice
Danielle Freshwaters	Macalester	Sr.	Tacoma, Wash. Stadium
Tracy Renier	Saint Benedict	Sr.	Plymouth, Minn. Benilde-St. Margaret's
Julia Clark	St. Catherine	Sr.	Woodbury, Minn. Math and Science Academy
Rachel Simon	Saint Mary's	Sr.	Foley, Minn.
Lauren Bitner	St. Olaf	Jr.	Maple Grove, Minn. Wayzata
Melissa Pfeiffer	St. Scholastica	Jr.	Savage, Minn. Prior Lake